



Richard J. Berry, Mayor

**Department of Senior
Affairs**

Jorja Armijo-Brasher,
Director

Anthony Romero,
Assistant Director

Rhonda Methvin,
Recreation Division Manager

The Lava Flow Los Volcanes Senior Center Newsletter



Center Staff

Maria Agüero
Center Manager

Antoinette Sigala
Program Coordinator

Emily Montano
Office Assistant

David Goode
Program Assistant II

Barbara Chavez
Program Assistant

Anthony Casaus
General Service Worker

Richard Tucker
Cook

Cynthia Garcia
Kitchen Aide

Spring is Coming!

**Sources, Resources & Other
Gardening Information**
See what it takes to have a
productive
garden all year long

**Monday April 10th
10:00—11:30 am
Room #2**



**Silver Horizons Food Pantry
will Present a
Free Farmer's Market
Food Pantry at
Los Volcanes Senior Center**
There will be a variety of pantry
items to choose from.
Items vary each month.

**Wednesday April 19, 2017
3:00 pm— 4:30 pm**



**Dinner Dance
Tuesday, April 25th
4:00—7:00 pm**

Chile Beans

**Tickets are available
Green/Red Chile Enchiladas
\$7.50 / person**

Hours of Operation

Mon—Fri	8 am - 5 pm
Thurs.	8 am - 7 pm
Saturday	9 am - 1 pm
Sunday	Closed

DAILY & WEEKLY SCHEDULE

Adapted Aquatics ...M, W, & F	8:00 am
...M & F	12:30 pm
Afternoon Dance.....Thur	1:30—4:30 pm
Bible Study..... Tues	9:30— 11:00 am
Billards.....M—Sat.	Every Day (unless noted)
Bingo..... Fri.	1:15—3:30 pm
NO BINGO on Friday, April 14	
CeramicsFri.	8:00 am—12:00 pm
ChessSat.	9:00 am—12:45 pm
Clay.....Mon.	1:00—4:00 PM
Crocheting..... Mon.	1:00—4:00 pm
Wed.	9:00 am—12:00 pm
Drawing.....Tues.	9:00—11:30 am
Euchre..... Tues.	12:30—4:30 pm
Flea Market.....Fri.	8:00—11:00 am
Friendship Coffee...Thursdays	10:00 - 11:00 am
Sponsors	
April 13 Amerigroup Rea Solutions/Advantage Plan	
April 20 United Health Care	
Line Dancing.....Thur.	
Beginning	9:00—11:00 am
Intermediate	10:10—11:10
Mah Jong.....Thur.	12:30—4:00 pm
Mexican Train.....Tues	12:45—4:00 pm
Party Bridge.....Fri.	12:30—3:30 pm

Pickle Ball.....M & Tues	9:30—11:00 am
	1:30—3:30 pm
Pinochle.....Wed.	12:30—4:30 pm
Plastic Canvas.....Thur.	1:00—3:00 pm
Poker.....Tues, Wed. & Fri.	12:30—4:30 pm
Porcelain Doll Class Thur.	9:00—11:00 am
Pottery.....Wed.	9:00 am—12:00 pm
(Lab).....Thur.	12:30—4:30 pm
Rummikub.....Mon.	12:00—2:00 pm
Salsa Aerobics.....Thur.	5:30—6:30 pm
Sat.	9:30—10:30 am
Sketching..... Thur.	9:00—11:00 am
Stained Glass.....Fri.	12:00—4:00 pm
Spite & Malice.....Thur.	1:00—3:00 pm
Swedish Weaving.....Tues.	11:30 am—2:30 pm
Tai Chi.....Tues.	11:30 am—12:30 pm
Wed.	12:00—1:00 pm
Tin Class..... Tues.	12:15—5:00 pm
Woodcarving Tues.	9:00—11:00 am
(power) Wed.	12:00—4:00 pm



A suggestion box is located at the front desk. Please feel free to submit ideas, suggestions and/or thoughts regarding the center. Positive feed back is also appreciated! Please place your comments in the box before the 15th of every month.



From the Desk of the Manager

April showers bring May flowers. Hopefully this year we will have plenty of rain to help relieve allergies and add moisture to the air.

The center has recently purchased another revolving book shelf. Once again a big “Thank You” to Councilor Ken Sanchez, his office will be purchasing a nine - ball table for the poolroom. It will be replacing the 12’ snooker table.

We are in the planning stages of Los Volcanes Day, if you have any suggestions regarding the main band or a master of ceremonies please feel free to come and visit with Antoinette and myself. Please also remember that we will be recruiting volunteers to help in all aspects of the event. Leave your name and number and we will contact everyone closer to the event to assign a task.

Food Pantries are back! We say this with great joy because we understand that they are very much appreciated by our members. The pantry is scheduled for Wednesday, April 19, 2017, at 3:00pm.

Please be aware that the process has changed. Numbers will be given to everyone based on a first come first served basis starting at 1:00pm on April 19. We will be assigning rooms # 2 and #4 as sitting areas for participants to wait. We will no longer encourage anyone to wait in the lobby area.

This is for the safety of the members participating in the pantries and for those that are coming in for other activities. Once the pantry is set up in the social hall, their staff (pantry) will come to the room and call the first number to be served. If you pick up your number as early as 1:00pm you do not have to wait you can come and go your number has been reserved, you do need to be back at the center at least fifteen minutes till 3:00pm, but if you do opt to wait, room #2 & #4 are available.

A friendly reminder to the members. “Problem Solving with the Manager” is scheduled Wednesday, April 26, 2017 at 10:00am. Join me in helping make Los Volcanes a better place for all. I look forward to meeting with all those interested.

In closing I would like to “Thank” John Sanchez, from Bear Canyon he has taken on the task of helping out at Los Volcanes in the interim that Anthony recovers. He has done a great job!

New Class

Foods—Nutrition, Basic Cooking

Every Friday 9:00 am—10:00 am

Starting Friday, April 21

Room #2

Facilitator: Gaylia Castrillo

Teaching Nutrition, food preps



WEEKLY AND MONTHLY EVENTS AT LOS VOLCANES

Pie Social

The 3rd Friday of the month.

April 21, 2017

11:15 am - 12:00 pm

.75¢ per slice



Los Volcanes Garden Club

3rd Wednesday

9:30 am

April 19, 2017

Thursday Afternoon Dances

1:30—4:30 pm

Tickets on sale starting @ 12:30 am

\$2.50 per person, Doors open 1:25 pm

Last Thursday of the month is \$3.00

Thursday, April 6 — Aguila Band

Thursday, April 13 — NO DANCE

Thursday, April 20—Ryder & Company

Thursday, April 27— Paul Pino & Tone Daddies

Defensive Driving—(AARP)

First (open) Monday of every month.

(April 3 , 2017)

9:00 am—1:15 pm room #2. Anyone

55+ may take this class Sign up at the

front desk. Limit 20 people

Cost: Members \$15/

Non-Members \$20

Birthday Party

Sponsored by:

Presbyterian Health

April 7, 2017

11:15 am—12:00 pm



Ice Cream Social

The 1st open Wednesday April 5, 2017

11:15 am - 12:00 pm .75¢

Senior Citizen's Law Office

10:00 am - 12:00 pm.

Free legal services.

One-on-One

consulting services.

Call for an appointment

Senior Citizens Law Office

505-265-2300

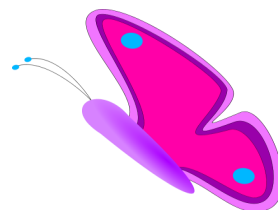
Thursday April 27, 2017

GEHM Clinic

Tuesday April 25, 2017

9:00 am - 11:00 pm

Nurse-managed clinics provide a variety of health promotion services for persons 55 and over



LOS VOLCANES TRIPS

(must sign up at front Desk) PLEASE Have Current Membership Card At Time Of Sign Up

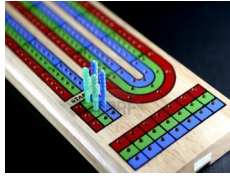
All meals at your own expense

Trips, classes, and memberships will be available for sign-ups during the hours of:

9:00—11:00 am & 1:00—4:00 pm

<u>LOCATION</u>	<u>DATE</u>	<u>COST</u>	<u>CHECK IN/RETURN</u>
Ojo Caliente	April 4—Tues.	\$15.00 Transportation fee	6:45 am / 7:00 pm
Santuario De Chimayo	April 13—Thur.	\$10.00 Transportation fee	8:00 am / 4:30 pm
Fishing Fenton Lake	April 13—Thur.	\$7.50 Transportation fee	5:10 am / 4:00 pm
Festival Internacional	April 21—Fri.	Make meal reservations w/ North Valley	9:00 am / 3:00 pm
Fishing Fenton Lake	April 27—Thur.	\$7.50 Transportation fee	5:10 am / 4:00 pm
Christ in the Desert	May 6—8 Sat.-Mon	\$176.00 Double Occupancy	6:45 am Sat. May 6th / 3:00 pm Monday
Hay's Honey	May 11—Thur.	\$3.00 Transportation fee	8:15 am / 3:30 pm
Ojo Caliente	May 11 —Thur	\$15.00 Transportation fee	6:45 am / 7:00 pm

Events for Seniors



NEW CRIBBAGE Players wanted

For Tuesday & Thursday mornings
Please contact Antoinette at front desk for further
information

Spring Is In The Air!
Come, have a piece or 2 of watermelon

Wednesday, April 5
11:00 am—12:00 pm
Lobby



FISHING

Must sign up at the front desk. Lunch is on your
own, Every other Thursday starting April 13

Check in 5:10 am

Depart: 5:30 am

Return: 4:00 pm

Fenton Lake \$7.50 per person.

Please have exact change



Mark Your Calendar

NO DANCE

Thursday, April 13

&

NO BINGO

Friday, April 14

DANCE & BINGO

WILL BE CANCELLED

CANCELADO

Presentations

HOW TO STAY OUT OF THE DOCTOR'S OFFICE—Doctor King's Health Improvement Program

Wednesday, April 12, 2017—10:00 am—11:15 am

End PAIN and ADD years to your life at ANY age. The Standard American Diet (SAD) has guaranteed that every human who was raised in the USA and who has EVER taken prescription drugs is literally loaded with toxins— in our blood, bones and organs. Dr. King holds a PhD degree, is a practicing Nutritionist and a retired college professor who taught Human Nutrition for 22 years in Albuquerque. Come and learn how to eliminate pain and add years to your life.

Money Matters—Keep Track of Your Money

Wednesday, April 26, 2017—10:00 am—11:00 am Room #10

Money Matters—Budgeting Basics

Facilitator: Jonathon Schaumberg, Nusenda Bank

Thursday, April 27, 2017—10:00 am—11:00 am Room #2

Class will be given for both English and Spanish speaking members. Clase va ser dada en espanol y en ingles.

Attorney General's Silver Cyber—Safety Presentation

Facilitator: Gina Vincent, FDIC

Friday, April 28, 2017—10:00 am—11:00 am Room 2

If you have any news about your class, group or club that you would like to share with your fellow seniors, please submit it to the front desk by the 15th of the month and it will be submitted in the following months newsletter.

Sports & Fitness @ Los Volcanes

Salsa Aerobics

For men & women—a fun way to relieve stress, improve flexibility & build stamina! The tempo of the music, the syncopated patterns of the Cha Cha, Mambo, Samba, & Rumba combined with the intensity with which you approach the exercises, makes this suitable for virtually everyone. Wear comfortable clothes & shoes.



\$3 per class

Thursdays 5:30—6:30pm

Saturdays 9:30—10:30am

Tai Chi Classes

Tai Chi for Seniors

All Welcome

1st, 2nd & 3rd Wednesdays

12:00 pm—1:00 pm

Slow, gentle movement to build health & balance, reduce stress, and heal from injuries. Presented in a brief way to balance the whole self: physical, emotional & spiritual.

\$3.00 donation

For more information on Wednesday classes call Kay at 243-7018



Adapted Aquatics

Taught in therapeutic 92° water, participants are led through range-of-motion exercises to help increase joint mobility as well as develop muscular strength. Call 880.2800/839.3710 for registration. Aquatic exercise at The University of New Mexico, Olympic size swimming pool.

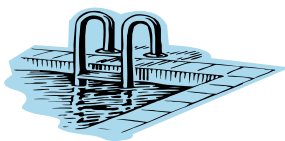
Must register by the 15th of every month at 505.767.5985

Monday, Wednesday & Fridays Check in 8:00am—10:30am Transportation \$.50

Monday & Fridays Check in

12:15pm — 2:30 pm

Transportation \$.50



T'ai Chi...

Balance,
Strength, and
Serenity...



11:30 am to 12:30 pm Tuesday
Los Volcanes Senior Center
Everyone is welcome

Line Dance

Beginning Line Dance -

Thursdays 9:00—10:00am

Intermediate Line Dance -

Thursday 10:10—11:10am



Pickle Ball

Mondays 9:30—11:00 am &

1:30—3:30 pm

Tuesdays 9:30—11:00 am &

1:30—3:30 pm

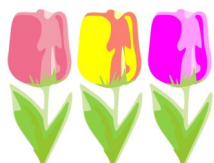


Los Volcanes Fitness Center

767-5990

Hours Monday—Friday 7:00 am—7:00 pm

Sat. 8:00 am—2:00 pm



RSVP

Lead With Experience

Attention Retired Senior Volunteer Program (RSVP)

Volunteers: Volunteer hours are due to the RSVP office no later than the fifth (5th) day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. **The Retired Senior Volunteer Program is now located at the Highland Senior Center, 131 Monroe NE, Central and Monroe behind Dion's Pizza**

The Foster Grandparent Program (FGP) Advisory

Council needs members to join its efforts in promoting awareness and educating the community about FGP and senior issues. Council members advocate on behalf of FGP volunteers, evaluate the Program's effectiveness, and assist in the recognition of Foster Grandparents by raising funds and in-kind resources. The Council currently meets once a month at the Barelaz Senior Center. For more information call 505-767-5225.

Silver Horizons New Mexico: food pantry provides food boxes to low income seniors. The ability to lift 25 pounds and be on your feet, sort and package food. Deliver food boxes/bags to home bound seniors. Please call 767-5225.

Meals on Wheels of Albuquerque is in need of volunteers in the kitchen any day Monday through Friday from 9 am-11 am. Drivers are needed to deliver meals to the homebound any day Monday through Friday from 10:30 am – 12:30 am. (Use of personal vehicle is required). Please call 767-5225.

Catholic Charities needs volunteers for the following position. Senior Transportation Services Driver (Use of personal vehicle is required); agency gives mileage reimbursement. Volunteers will provide transportation to medical appointments, grocery shopping etc. door to door service. Please call 505-767-5225.

For at least three hours a week

Any day Monday – Friday

Manzano Mesa Senior Center Van Drivers Van drivers are needed at Manzano Mesa Multigenerational Center to drive for various in-town and out-of-town trips. Volunteers are reimbursed for lunch and admission on trips they drive. Volunteers are required to join the Retired and Senior Volunteer program and must obtain a City of Albuquerque City Operators Permit, (COP). Please call 505-767-5225.

Los Volcanes Senior Center Needs Volunteers

Become a Los Volcanes Senior Center Volunteer—

No experience is necessary.

Training will be provided,

(with the exception of instructors).

Learn how you can make a difference!

Bingo assistants

Coffee Servers

Gift Shop Volunteers

Drivers

Instructors

Language, Etc.

Other duties as requested

You Can Be a Senior Helping Seniors.

The Senior Companion Program (SCP) is seeking seniors to visit and assist other seniors in their homes:

Senior Companions:

- Are 55 years of age or older
- Volunteer 20-40 hours a week
- Work with frail, at-risk, and/or isolated/homebound elderly

Senior Companion benefits include:

- Mileage reimbursement
- Supplemental accident and liability coverage while on duty
- Annual recognition event
- Stipend for those who are income eligible
- Initial and monthly training
- Meals reimbursement

SCP volunteers assist clients with paying bills, grocery shopping, errands, transportation to medical appointments, and light housekeeping. Most importantly, they provide companionship and develop friendships with their clients. Senior Companions can also provide respite service to family caregivers.

The assistance Senior Companions provide to clients and their caregivers often times allows recipients to remain in their home rather than being institutionalized, alleviates loneliness and helps to maintain a connection to their community. This service results in major health care cost-savings for seniors, their families, and communities.



Healthy diets contain a variety of foods

In general, we should include a range of nutritious foods and eat:

- plenty of breads and cereals (particularly wholegrain), fruit, vegetables and legumes (such as chickpeas, lentils and red kidney beans)
- low-salt foods, and use salt sparingly
- small amounts of foods that contain added sugars reduced-fat milk and other dairy products.

It is also important to drink an adequate amount of water.

Tips for healthy breakfasts

Some easy-to-prepare, healthy breakfast ideas include:

- **fresh fruit** with wholegrain breakfast cereal and reduced fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated)
- **toast** with cheese and tomato. Hot or cold reduced fat milk
- **rolled oats** made with quick oats. Add sultanas and reduced fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated). Orange juice
- **baked beans** on toast. Orange juice
- **fruit or plain** yoghurt with fruit.

Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/healthy-eating-tips>

Department of Senior Affairs—714 7th Street, SW—Senior Information Line— 764-6400

*Recreation

*Breakfast & Lunch

*Recreation & Learning

*4 Sports & Fitness Centers & Programs

*6 Senior Centers

*2 Multigenerational Centers

*Planet 50+ Activities

*Information, referrals, & assistance on senior concerns/issues.

*Linkage to senior services and to other community resources.

Senior Social Services

*Senior Information Line—764-6400 For information & literature about other support services, such as personal emergency response systems, support groups, grocery stores & pharmacies that deliver to the home, assisted living facilities, nursing homes, hospices, homemaker agencies & case management programs.

*Transportation/Nutrition

*Home-Delivered Meals

*Satellite Senior Center—Recreation & Lunch

*Care Coordination—Comprehensive in-home assessment of persons aged 60+, linkage with appropriate services, & on-going follow-up.

*Home Chores—Chore services such as seasonal light yard cleaning & installation of smoke detectors for frail and/or low income Bernalillo County homeowner occupants aged 60+.

* Retrofit—Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for income eligible disabled persons of all ages living within city limits. Services to income eligible county seniors aged 60+ as funding allows;

*Minor Home Repairs—Minor repairs for low income homeowner occupants over 60 within Bernalillo County, Non-licensed work only.

City of Albuquerque—DEPARTMENT OF SENIOR AFFAIRS—Nutrition & Transportation

ATTENTION BREAKFAST PATRONS:

Due to a City of Albuquerque, Environmental Health Department directive, we will no longer be permitted to serve soft-cooked eggs.

- This directive is due to Salmonella Enteritis's, which can be found in unpasteurized eggs, & can put highly susceptible populations at risk of severe illness.
- The Environmental Health Department has designated senior centers to serve highly susceptible populations.
- Cooking unpasteurized eggs to 145° for at least 15 seconds, destroys Salmonella Enteritis's.
- Sunny side up, over easy and soft scrambled eggs do not reach 145° and therefore will no longer be available at senior centers.
- Over medium, over hard and well scrambled eggs will still be available.

We apologize for any inconvenience this change in policy might present. Please call me or Bob Manymules, Food Production Supervisor 505.764.6457, for further information.

Nutrition & Transportation 505.764.6457

DSA Meal Reservation Policy & Procedure

\$7.67 for guests under 50—\$3.25 for age 50-59—60 or older, donations are accepted to help cover expense of preparing the meal, however no one will be denied services for choosing not to donate

- 1) **PLEASE CALL 767-5999 BY 1:00 PM. The day before, for reservations.**
- 2) Only number of meals ordered will be prepared for LVSC.
- 3) **Those persons with reservations are served their meals first.**
- 4) **Unclaimed meals are held until 12:30. At 12:30 pm clients who did not make reservation, but who does want to eat, can at that time.**
- 5) **NO FOOD ITEMS are to Be Taken OUT of Facility** to be consumed at later time, w/exception of apples, bananas, oranges or individually packaged items.

Los Volcanes Breakfast Menu

REGULAR - 2 Eggs, Toast, Potatoes and choice of Bacon or Sausage.	\$1.50
MINI - 1 Egg, Toast, Potatoes and choice of Bacon or Sausage.	\$.75
BURRITO— Egg, Potato, Cheese, choice of Bacon/Sausage Red/Green Chile	\$1.50
FRENCH TOAST – 2 French Toast & choice of Bacon or Sausage	\$1.00
PANCAKES – 2 pancakes & choice of Bacon or Sausage	\$1.00

Mondays Only:	English Muffin Sandwich	\$1.00
Tuesdays & Fridays Only:	Huevos Rancheros	\$1.50
Wednesdays Only:	Ham & Cheese Omelet	\$1.50
Thursdays Only:	Biscuits & Gravy	\$1.00



A La Carte Items

1 Pancake w/fruit	\$.75	Cereal Hot/Cold w/Milk	\$.70
1 Pancake plain	\$.25	2 Bacon or 2 Sausage Links	\$.50
1 French Toast w/fruit	\$.75	Eggs	\$.25 each
1 French Toast plain	\$.25	Potatoes	\$.30
1 Waffle /with fruit & cream	\$1.50	Egg Beaters	\$.25
1 Waffle plain	\$1.00	2 Slices Toast or 1 Tortilla	\$.20

Milk	\$.25
Orange Juice – Small	\$.25
Orange Juice – Large	\$.60



April 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Pepperoni Pizza Omelet Sautéed Potatoes Stewed Tomatoes Wheat Bread w/ Margarine Cinnamon Applesauce 1% Milk	4 Chicken Fajita Spanish Rice Mexican Tapioca Pudding 1% Milk	5 Turkey Chef Salad Celery Sticks Crescent Roll w/ Margarine Ambrosia Salad 1% Milk	6 Chile Cheese Dog Diced Potatoes Cauliflower Fat Free Ice Cream 1% Milk	7 Baked Macaroni-n-Cheese Asparagus Biscuit w/ Margarine Grapes 1% Milk
10 Chicken Tenders Buttered Parsley Red Potatoes Crinkle Cut Carrots Dinner Roll w/ Margarine Sugar Free Cherry Jell-O w/ Fruit 1% Milk	11 Sloppy Joes Ranch Beans Mixed Vegetables Yogurt 1% Milk	12 Ham w/ Pineapple Sweet Potatoes Green Beans w/ Mushroom Biscuit w/ Margarine Chocolate Pudding 1% Milk	13 Baked Ziti with Turkey Corn with Red Peppers Cornbread with Margarine Cantaloupe 1% Milk	14 Oven Fried Pollock Dirty Rice Broccoli Dinner Roll w/ Margarine Pineapple Chunks 1% Milk
17 Beef Tips and Noodles Peas and Mushrooms Wheat Rolls w/ Margarine Chocolate Chip Cookie 1% Milk	18 Rotisserie Style Chicken Mashed Potatoes w/ Gravy Beets Crescent Roll w/ Margarine Fruit Cocktail 1% Milk	19 King Ranch Turkey Baby Carrots Tortilla w/ Margarine Cherry Cobbler 1% Milk	20 Cuban Sandwich Scalloped Potatoes Broccoli Mandarin Oranges 1% Milk	21 Salmon with Dill Butter Sauce Steamed Rice Brussel Sprouts Dinner Roll w/ Margarine Pears 1% Milk
24 Frito Pie Calabacitas Tortilla w/ Margarine Vanilla Pudding 1% Milk	25 Chicken Fried Chicken Au Gratin Potatoes Italian Blend Vegetables Dinner Roll w/ Margarine Orange 1% Milk	26 Egg Salad Sandwich Pasta Salad w/ Marinated Veg Tossed Salad w/ Mandarin Oranges & Low Fat Dressing Green Apple 1% Milk	27 Turkey with Gravy Mashed Potatoes with Gravy Broccoli Dinner Roll w/ Margarine Apricots 1% Milk	28 Smoked Sausage Pasta Primavera Honey Glazed Carrots Biscuit with Margarine Sherbet 1% Milk